



I'm not robot



I am not robot!

The TSK is a shortened version of the original TSK that consists of 15 items (Hapidou et al., 2010). A free online tool to assess fear of movement and pain catastrophizing in patients with musculoskeletal pain. My pain would probably be relieved if I were to exercise. The tool provides a score, a graph and a PDF report based on the Tampa Scale Questionnaire. The Tampa Scale of Kinesiophobia was created as a 16-item self-report checklist with a 4-point Likert scale to assess one's fear of movement or (re)injury. TAMPY SCALET SK 1=strongly disagree 2=disagree 3=agree 4=strongly agree. The tool provides a score, a graph and a PDF report based on the Tampa Scale for Kinesiophobia. Tampa Scale for Kinesiophobia If I were to try to overcome it, my pain would increase. My body is telling me I have something dangerously wrong. My pain would probably TAMPY SCALET SK 1=strongly disagree 2=disagree 3=agree 4=strongly agree. Q1 If I were to try to overcome it, my pain would increase. Q2 My body is telling me I have something dangerously wrong. Q3 The shortened version TSK which is the most common, dismisses items with poor psychometric performance, and its score ranges from [25]. Scores above (item) are generally considered to indicate kinesiophobia. The TSK scales significantly improved the prediction of pain-related interference (ie, increase in R), depression (ie, increase in R), and measures of physical functioning (ie, average increase in R), after controlling for pain severity, providing evidence of incremental validity. The Tampa Scale for Kinesiophobia (TSK), an instrument for measuring fear of movement/(re)injury, has been confirmed as an important predictor for the persistence of pain-related disability. Despite its widespread use, five versions of the TSK were identified: TSK, TSK-1, TSK-2, TSK-4, and TSK-TMD (for temporomandibular disorders). Q4 If I were to try to overcome it, my pain would increase. Patient name: Date: Q5 I'm afraid that I might injure myself if I exercise. Q6 My body is The Tampa Scale for Kinesiophobia (TSK) is one of the most frequently employed measures for assessing pain-related fear in back pain patients. I'm afraid that I might injure myself if I exercise. If I were to try to overcome it, my The TSK scales significantly improved the prediction of pain-related interference (ie, increase in R), depression (ie, increase in R), and measures of physical The shortened version TSK which is the most common, dismisses items with poor psychometric performance, and its score ranges from [25]. Scores above (Missing: pdf A free online tool to assess fear of movement and pain catastrophizing in patients with musculoskeletal pain. Patient name: Date: Q7 I'm afraid that I might injure myself if I exercise. Most TSK versions showed good to excellent test The Tampa Scale for Kinesiophobia (TSK) is a widely used questionnaire designed to assess kinesiophobia, which is the fear of movement or re-injury (Hapidou et al., 2010). I'm afraid that I might injure myself if I exercise. If I were to try to overcome it, my pain would increase Tampa Scale for Kinesiophobia.